

# Turkey Twistghetti

**Prep time:** 45 minutes

**Cook time:** 30 minutes

**Makes:** 6 Servings

## Ingredients

**8 ounces** Whole Wheat Rotini  
**30 ounces** Pre-cooked turkey spaghetti sauce  
**1/2** Red bell pepper, pureed  
**1 1/2 ounces** Carrots, peeled and pureed  
**1/2 teaspoon** Italian seasoning  
**1 teaspoon** basil, dried  
**1 teaspoon** Oregano, dried  
**3 ounces** Mozzarella cheese, low-fat, shredded



## Directions

1. Fill pot with water and bring to boil. Add whole wheat rotini and slowly stir until water comes to a boil again. Let rotini cook for 8 minutes.
2. Meanwhile, combine remaining ingredients in a pot and bring to a simmer over medium high heat, 30 minutes.
3. Serve sauce over whole wheat rotini and sprinkle with cheese on the top.